



# ST. LAURENCE'S C.E. PRIMARY SCHOOL

## Healthy Lunch Box Policy

September 2017

### Introduction

To grow and stay healthy children need to eat a nutritionally well balanced diet. Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils.

Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

### The Overall aim of this policy

Our aim is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

### Our School

St. Laurence's C of E Primary School recognises that some of our children come from diverse home backgrounds, cultures, ethnic and faith groups. Our school aims to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference. We understand that some children are 'fussy' eaters and that it is a major step to get some children to eat anything at all. We would want parents to let us know if this is the case so that we can deal with such children sensitively and with encouragement and praise for what they **have eaten**.

### Storage of Packed Lunches

The school will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school

### **Waste and Disposal**

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

### **Water**

It has been recognised that children's concentration and behaviour improves when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage all pupils to bring a plastic bottle of water to school each day - these are kept on a tray in an area of the classroom. Children are able to access fresh drinking water throughout each day and to refill their water bottle from a water cooler on the Year 6 area.

The following guidelines for snacks and lunchbox contents may help parents and ensure health and equality for all children.

#### **Packed lunches may include:**

- At least one portion of fruit and or vegetable (this could include a dried fruit)
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice, noodles
- Dairy food such as cheese, yogurt, fromage frais
- A smoothie or yogurt drink
- A bottle of water
- A biscuit not coated in chocolate
- Crisps (baked or other low fat options if possible) or other such snack such as seeds, savoury crackers, breadsticks etc.
- Eating utensils if necessary

#### **Packed lunches should avoid:**

- Confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- Sausage rolls and pies should only be included occasionally.
- No fizzy drinks.

**Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. Neither are children allowed to share food items for this same reason.**

## Mid - Morning Break

### Early Years/KS1

- Fruit is provided for all children in Foundation and KS1
- Water (Milk is also available through the Cool Milk system)

### **KS2**

- Fruit
- Water

**Please no chocolate or sweets should be sent to school.**

On a daily basis the staff in school see what children have in their lunchboxes whilst supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. However, we may send parents a reminder of this policy if lunchbox contents **regularly** fall short of the expectations in this policy. It is not our intention to tell parents what and how they should be feeding their children and we will not do so, but we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older.

### Monitoring and Evaluation

The school will carry out monitoring of packed lunch provision - where there may be concerns over a child's food / nutrition intake and / or content of packed lunches, this can be dealt with timely and sensitively. Lunchtime staff will notify teachers if a child has not eaten very much and if suitable the class teacher will allow additional time to eat more. Parents are then informed.

OfSTED are required to report on how the school promotes the personal development and wellbeing of all pupils - this may include food provision including packed lunches brought into school.

The Local Authority will work with the school to review packed lunch provision and will provide advice and support to members of the school community.

National Healthy School Programme (NHSP):

In order to achieve National Healthy Schools Status, schools are required to:

- "ensure healthier food and drink options are available and promoted at break and at lunchtimes - as outlined by Food in Schools guidance"
- "monitors pupils' menus and food choices to inform policy development and provision"

Schools that have achieved National Healthy School Status (NHSS) may be monitored as part of a national and local quality assurance process.

**Policy Review**

This policy will be reviewed as part of the schools agreed policy review process. In addition any major legislative or governmental changes regarding school food may lead to this policy being amended.

**Treats that are sent into school to celebrate birthdays are allowed. Where possible these will be distributed at home time so parents are able to monitor this.**

**We have the best interests of all the children at heart.**